

# Level One Acting Journal Tips

*Coach Jennings*

2008

The following tips will help you have a journal that will be more in your own STYLE and also in a format that makes grading easy and efficient.

#1 Thank you for putting your journal in a folder.

#2 Please use a colored folder with brads in the middle. All pages must be inside of the brads, nothing loose. Take out anything extra, extraneous, like notes from another class or blank paper. Notebooks get bulky and are hard for us to carry.

#3 The front of your folder should be labeled "ACTING JOURNAL" or "THEATRE JOURNAL".

#4 Please place your full name (first and last names) across the top front of your folder.

#5 Under your name, please label your journal either "PERFORMANCE FOCUS" or "DESIGN/PRODUCTION FOCUS".

#6 Be sure your company number is on the upper right hand corner of the front of your journal folder.

#7 Try securing your work with brad openings facing forward. It may be easier for you to take out and add entries. This is not a requirement. However, if you do this, replace your name, focus and number to the other side, which becomes the front of the folder.

#8 Please put the day, along with the date of the class. Always include the year.

#9 The next section is for the Coach's Goal. That is MY idea as to why we are doing what we are doing. Include that info for one point.

#10 Leave a couple of lines between each section.

#11 Please draw a line under the title of each section.

#12 The next section is called "Activity". My guess is that most of you won't start out with enough detail or specificity here. Being specific means you will write every step of what happened. For instance, instead of just saying we stretched, and in what position, drawings are often helpful. Write the description as if it were for someone who was absent. You will not remember as much as you think you will...

## Level One Acting Journal Tips

*Coach Jennings*

2008

#13 Include examples to explain the concepts you hear. Put it into your own words. It's one thing to write what I say. It's quite another to be sure you understand what I say.

#14 Allow spacing and paragraphs within your notes and description of activities, so that you can find concepts more easily when you look back over your work when you are a poor starving actor in New York, looking back onto the keys to your success.

#15 Also use highlighters, centering and all caps to make important phrases and topics easy to find.

#16 In the last section, the Exploration, I really wish you wouldn't write what you think I want to hear. Start with a question about your craft, one that you have a real need to figure out. Keep writing until you can get excited at your new clarity of your own vision. We are not cookie cutter artists. We are each, individually creative. Keep asking yourself, "Why," if you make statements that sound "teacher-pleasing." The time has come to find your own voice. DIG DEEPER! Write until you end up writing something you didn't know you knew before you started writing.

#17 You will not be required to write an Exploration for every class. I will let you know. If you are not required to do an Exploration on a particular day, just write "N/R" (meaning not required) on the Gradesheet for that day. It will help your grader know which days require one and which do not.

#18 If writing an Exploration feels like a chore, you haven't made it YOURS. If you will write out of a need-to-learn, the writing of the Exploration will be exhilarating.

#19 Always use a pen. Never a pencil. Think about it. You get rich and famous and someone finds your journal, and it was written in pencil, and now it's faded and lost forever...

#20 Remember, Grasshopper, you may not understand the value of the work today. The practice will disclose the value, over time.

**Trust the process.**